



# BOSTON FOOD FOREST COALITION

**Our mission:** to build nourishing relationships between neighbors, land, and food in the city.

Orchard & Fruiting Shrubs

beehives

Forest Workshop Area

mushroom logs

Meadow Section

**Our strategy:** to help neighbors and community partners transform empty lots and urban wilds into highly productive and community run **food forest gardens**.

Espalier Fruit Trellis

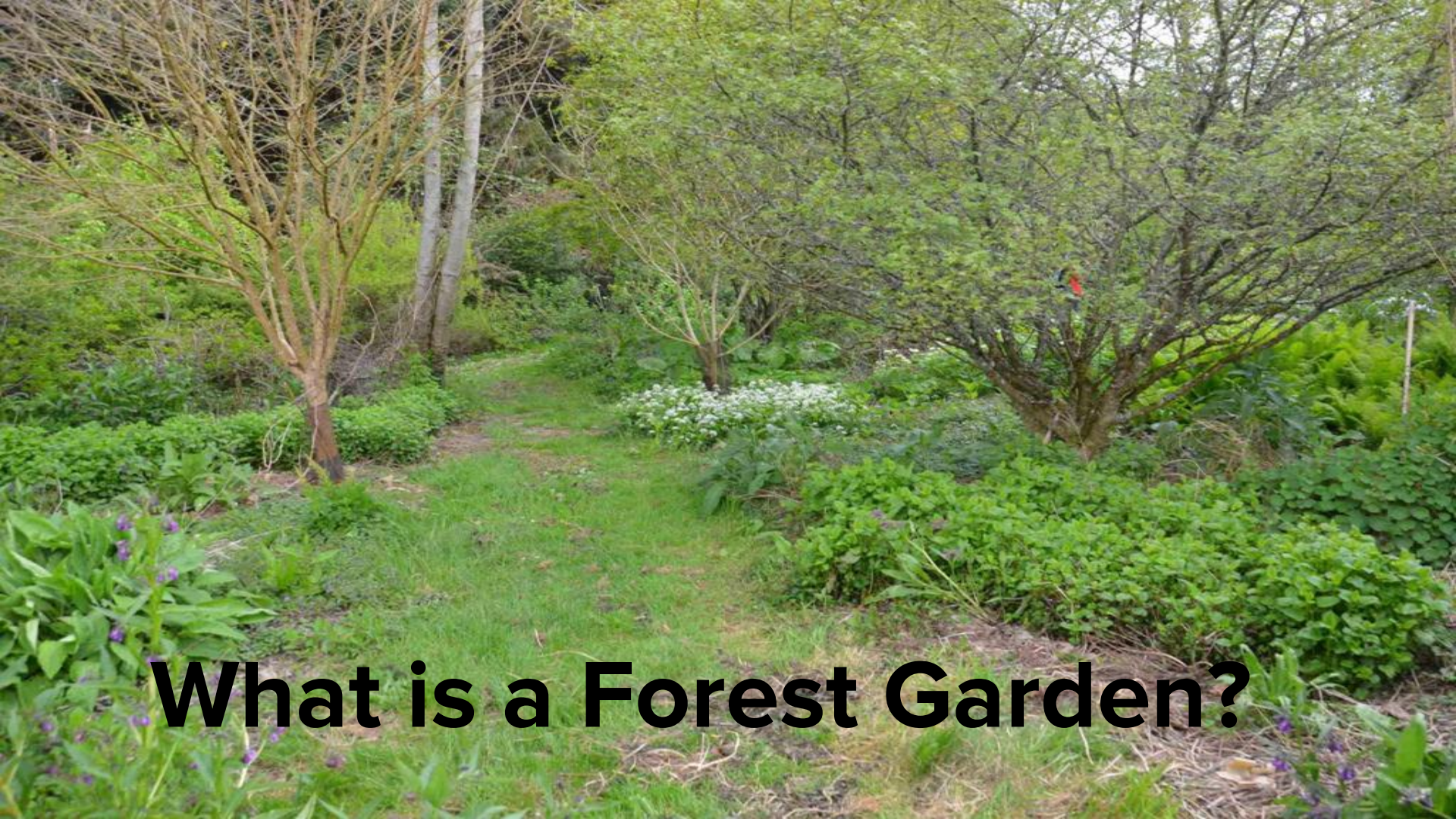
Berry Patch

Annual Veggies

Greenhouse roof water catchment

Herb Garden and Wildlife Appreciation Open Area





**What is a Forest Garden?**









BEFORE



AFTER

**Food forest gardens** support the urban environment by:

- sequestering carbon in large trees and soil
- reducing urban heat-island effect
- retaining water and reducing runoff
- remediating toxic soil
- working with existing site elements
- providing community green space



Egleston Community Orchard's annual harvest festival brings out the entire neighborhood!



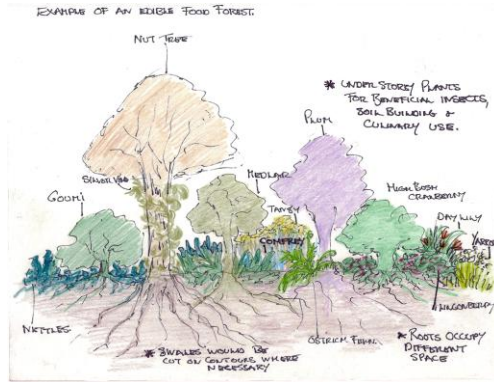


**Food forest gardens** provide numerous benefits:

- Require fewer annual inputs (e.g. water, fertilizer), making maintenance easier.
- Well-suited for intensive production on small urban lots.
- Polyculture design anchored by highly productive perennials (berries, grapes, fruit and nut trees, rhubarb, herbs and many other edible but not commonly marketed plants like paw paw).
- Among perennials are intercropped annual vegetables (squash, cucumbers, beans, potatoes, onions, hardy and tender greens, tomatoes, tomatillos, melons, corn, carrots, beets, radishes and peas).



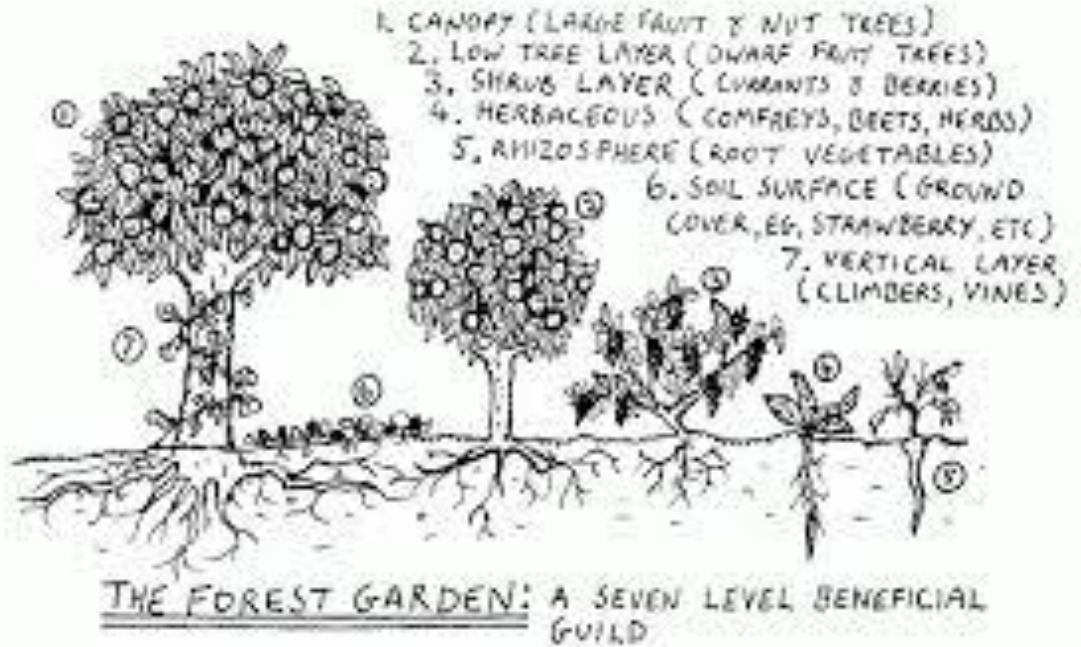
# Good Design: meets articulated goals







# Good Design: Stacking Functions







# Good Design: a wide range of options



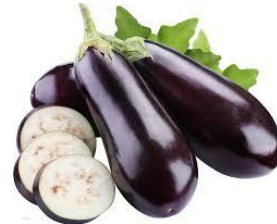


# Reclaiming Food

## Perennial Vegetables and Fruit:



## Familiar Annuals:







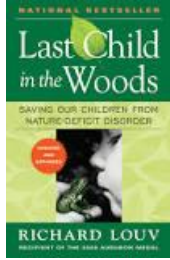
# Kids mental and physical health



*these images from 2015  
BFFC events*



# Tending the Forest Garden: Youth and Adults



*Last Child in the Woods, Richard Louv* documents impacts on mental and physical wellbeing of our new “screen” culture and growing disconnection from nature - what he terms “Nature Deficit Disorder”

How Walking In Nature Changes the Brain 7.22.2015 **The New York Times**

Here's Proof Going Outside Makes You Healthier 6.22.2014



New research suggests nature walks are good for your brain 7.29.2015 **The Washington Post**

If children lose contact with nature they won't fight for it

11.19.2012 **the guardian**





# BOSTON FOOD FOREST COALITION

## “Forest Gardens” (Sites)

Jones Hill

Egleston Community  
Orchard

Ellington Street

Italian Home  
for Children

## “Community of Practice” (Members)

Greater Boston  
Permaculture  
Meetup

Speakers Series

Garden Raising  
Network

Staff & Interns

Boston Nature  
Center

Leland Street

Eastie Farm

Old West  
Church

Advisory Board

Board of Directors



**Food forest gardens** foster community participation and collective stewardship:

- BFFC provides facilitation and technical assistance.
- Neighbors and community groups provide sweat equity.
- More neighbors can participate per area than in a community garden.
- We provide site ownership through a non-profit land trust.





**Food forest gardens** are living classrooms:

- We engage youth leaders and school groups on site.
- Workshops teach neighbors new gardening skills they can use at home.
- Neighbors learn to grow, harvest, and prepare fresh, nutritious foods that supplement strained food budgets.



Our third annual apple harvest walk - gleaning from legacy fruit trees in the city.



Our first neighbor-to-neighbor “garden raising”





# Example Plant List

Fruit Trees	Fruit Shrubs/Vines	Perennials	Annuals
Donner Pear, Medlar Pear	Raspberry	Dasheen Bush	marigold
Sweetheart Apricot	Blueberry	mint	kale
Cherry (Cornelian, Korean Bush)	Gooseberry		ginger
Paw Paw	Currants		chards
Beach Plum	Elderberry (Nova, York)	Strawberry	tomato
Apple (Golden Sentinel, Scarlet Sentinel)	Arctic Kiwi		celery
Russian Favorite Pomegranate	Grape		cilantro
Hardy Fig	Seaberry, Sea Buckthorn		basil
Quince (dwarf Japanese)	Goumi		sunflowers
Persimmon	Serviceberry		dill
	Juneberry		cucumber
			pumpkins

